

Polenta with Roasted Winter Squash

Polenta is a classic Italian dish made from coarsely ground cornmeal. It can be made with water, broth, or milk, and is the perfect foundation for other ingredients. Classic polenta is served with marinara or meat sauce. This version can either be served loose like porridge, or allowed to chill and set, then cut into shapes and baked.

INGREDIENTS:

- Sunflower oil
- Winter squash
- Garlic powder to taste
- 4 cups water or broth
- 2 tsp salt
- 1 cup corn polenta
- 3 Tb butter

1. Preheat the oven to 350.
2. WINTER SQUASH: Prep the winter squash and dice into bite-sized pieces.
3. Toss to coat in sunflower oil and spread onto baking sheet.
4. Sprinkle with garlic powder.
5. Bake in oven, stirring every 10 minutes, until roasted and just starting to turn golden brown.
6. POLENTA: Place the water or broth and salt in a large pot over medium-high heat and bring to a boil.
7. Gradually whisk in polenta.
8. Reduce the heat to low and cook until the mixture thickens and the polenta is tender, stirring often, about 15 minutes.
9. Turn off the heat and whisk in the butter. Stir until melted.
10. Serve hot and ladled into bowls, or spoon into a low-sided pan and allow to set in the refrigerator. Once cold and firm, cut into squares (or use cookie cutters!) and bake or sear in a hot skillet. This is a good way to control portion size and you can get creative with shapes!